



## Living Kitchen Cooks Grocery List

### Week 15

#### ***Staple Pantry Items:***

**Always check to make sure you have these in stock before you shop. We'll use these items pretty regularly and you'll see them show up in recipes often.**

Extra virgin olive oil  
Coconut oil  
Toasted sesame oil  
Avocado oil (you can sub extra virgin olive oil instead)  
Sea salt  
Pepper  
Tamari (or soy sauce or coconut aminos)  
Apple cider vinegar  
Maple syrup  
Honey  
Dijon mustard  
Baking powder  
Baking soda  
Parchment paper (if you like to use)

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#### ***Week 15 Produce:***

2 zucchinis  
1 broccoli bunch  
2 cups chopped kale  
1 red onion  
1 bulb of garlic  
1 lemon  
1 lime  
1 inch ginger  
Parsley  
Mint  
Cilantro  
Basil  
1 red thai chili or red chili (optional if you don't like heat)  
½ cup fresh berries or fruit of choice (for chia yogurt)

#### ***Week 15 Optional Produce:***

1 small cucumber

½ avocado  
1 tomato

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***Week 15 Omnivore Protein Options:***

1 lb ground turkey  
4 eggs

***Week 15 Vegetarian Protein Options:***

15 oz can of cannellini or white kidney beans  
15 oz can of chickpeas

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***Week 15 Pantry:***

½ cup veggie broth or bouillon cube  
1 Tbsp tamari or soy sauce  
Honey  
Maple syrup  
1 ½ cups almond flour  
½ cup tapioca starch or arrowroot starch  
Baking powder  
Baking soda  
½ Tbsp peanut butter or almond butter (for sheetpan pancakes)  
2 Tbsp dark or semi-sweet chocolate chips (for sheetpan pancakes)  
1 Tbsp chia seeds  
⅓ cup almonds  
⅓ cup cashews

***Optional Pantry:***

Quinoa, soba noodles or cauliflower rice (for creamy beans and blitzed herbs)  
Soba noodles (for Greens Pile On)

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***Week 15 Dairy:***

½ cup plain unsweetened dairy or dairy-free yogurt  
1 cup dairy-free milk

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***Week 15 Spices:***

½ tsp cumin  
½ tsp granulated garlic powder  
¼ tsp dried oregano